

Senior Center SNAPS



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local watering hole." The March 6th topic will be Astronomy at "Beers Of The World", held at 3252 W 7th Street in Fort Worth. The April 3rd topic will be Western Dance" led by Tom Reynolds. This meeting will be held at Shipping and Receiving, 201 South Calhoun Street in Fort Worth. Other special events at the Fort Worth Museum of Science and History include a fascinating exhibit on February 10, 2018, "Guitar The Instrument That Rocks The World". Ms. Park said, "It is the most fascinating exhibit ever. Even non-guitar fans will enjoy it." If you are interested in learning more about these adults programs, and special exhibits, you can call (817) 225-9300 for more information.

You can visit the Fort Worth Museum of Science and History at 1600 Gendy Street which is located in the Cultural Arts District of Fort Worth. Tickets for adults can be purchased for \$15 (\$13 for Seniors) and for children 2-12 the cost is \$11. Museum hours are Monday-Friday 10 am-4pm, Saturday 10 am-5 pm, and Sunday Noon-5 pm.

Other museums in the Cultural Arts District of Fort Worth include the Modern Art Museum of Fort Worth, The Kimball Art Museum, The Amon Carter Museum of American Art, and the National Cowgirl Museum and Hall of Fame.

Be sure to mark "What's For Dinner", February 28, 2018, on your calendar so you don't miss this interesting educational presentation.

the SENIOR PIPELINE

FEBRUARY 2018

Get Active and Get Involved!

Check out the calendar for new events and programs!

Suzuki Strings Concert
Old Country Music Show
Valentine Dance
Life Science Presentation
Eat Smart, Live Strong
Mardi Gras in the Lobby



Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

www.hursttx.gov/hsac

Find us on Facebook

Get Connected **HSAC**
Hurst Senior Activities Center



SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Adults age 55 & over.

- Hurst Residents** \$20 per year
 \$ 5 day pass
- Non-Residents** \$80 per year
 \$10 day pass
- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit or Silver Sneakers program. Contact your insurance provider or ask a Front Desk Attendant for more information.
- In order to receive the Hurst resident rate please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

Senior Center

Marcy Davis - Chair
Gerald Grieser - Vice Chair

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Gayle Stevens	Front Desk Attendant

By: Maurine LeCocq, HSAC Journalist

How many museums have you visited in the area during the past year? Living between Dallas and Fort Worth puts us in the middle of so many opportunities, available within a relative short driving distance. We are even more fortunate because the Fort Worth Museum of Science and History will be coming to us, here at HSAC, on February 28, 2018 with a special hands-on presentation entitled, "What's For Dinner?"

What's for Dinner" is a program that talks about herbivores, omnivores, carnivores, predators and prey. This should be extremely interesting with the added benefit that they will be bringing a variety of animal specimens and taxidermy from their teaching collection. The good news is that we will be able to touch some of these specimens as we are learning about them! Touching is rarely allowed when we visit a museum because the animals are usually displayed in a setting appropriate to their habitat. How fortunate we are to be able to have such a unique opportunity.

The Fort Worth Museum of Science and History has a multitude of programs available for everyone. This museum has a lot of interesting, fun, educational hands-on exhibits for children which makes for a fun and educational (half-day or full-day) trip with the grandchildren. The museum also includes the Noble Planetarium and the Omni Theatre.

Specifically for adults they have a Lecture Series at the museum. I spoke with Kate Park, the Vice President of Development, about the Lecture Series and learned that on March 24, 2018 they will be having a lecture given by a Chalk Artist. On April 5th or 12th Brantly Hargrove will be giving a lecture on Storm Chasers. They also have a monthly gathering entitled Public Knowledge which is held at a local bar or restaurant. According to the information listed on Google, Public Knowledge is "a monthly adult gathering celebrating brains and brew presented at a

Continued on back page...

OPEN ACTIVITIES

Games

"42" (Game Room)
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Acey Ducey/Backgammon
Wednesdays (CRC) 1:00 pm - 4:00 pm

Billiard's Room
Open Daily
See calendar for organized games

Chicken Foot
Tue. & Fri. 1:00 (CRC) pm - 3:00 pm

Duplicate Bridge (Game Room)
Tue. & Thur. 12:30 pm - 4:00 pm

Canasta
Tuesdays Hand & Foot (CRA) 10:00am-4:00
Tuesdays (MPN) 2:00 pm - 5:00 pm
Wednesdays Samba (CRC) 10 am - 1:00 pm
Thursdays (Class Room C) 2:00 pm - 5:00 pm

Marbles & Jokers (Lessons Available)
Thursdays (CRC) 10:00 am - 12:00 pm
Fridays (CRA) 1:00 pm - 3:00 pm

Mah Jongg (Lessons Available)
Monday (Class Room C) 2:00 pm - 4:00 pm
Wednesday (Game Room) 10:00 am - 12:00 pm

Mexican Train
Mondays (CRA) 1:00 pm - 3:00 pm

Ping Pong (Class Room A)
Wed. & Fri. 9:00 am - 12:00 pm

Party Bridge (Game Room)
Tue. & Thur. 9:00 am - 12:00 pm
Fridays 10:00 am - 12:00 pm

Pinochle
Mondays (Class Room A) 8:00 am - 12:00 pm
Wednesdays (MPN) 8:00 am - 12:00 pm

Rummikub (CRC)
Wednesday & Thursday 1:00 pm - 3:00 pm

Scrabble
Wednesdays (CRC) 1:00 pm - 3:00 pm

Health & Exercise

Walking Group (14 laps make a mile!)

Work Out on Your Own
With one of our available
Exercise DVD's
(See the front desk for room and video)

Choose From:

Qigong
Richard Simmons - Disco Sweat
Richard Simmons - Silver Foxes
Richard Simmons - Sweatin' to the Oldies
Tai Chi for Beginners
Texercise
Walk Away the Pounds
Yoga for Beginners

Arts, Crafts & Misc.

Art Addicts
(Class Room B)
Mondays 9:00 am - 11:00 am
Thursdays 6:00 pm - 8:45 pm
Fridays 10:00 am - 3:00 pm

Coupon Clique
(Cafe)
Tue. & Thur. 9:00 am - 12:00 pm

Knot-a-Lot
(Studio B)
Wednesdays 1:00 pm - 5:00 pm

Quilting
(Studio B)
Mon. Tues. & Wed. 1:00 pm - 5:00 pm
Fridays 9:00 am—1:00 pm

Wii Play
(Studio A)
Monday & Wednesday 4:00 pm - 6:00 pm

SOCIAL PROGRAMS

MONTHLY DANCES All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only **\$5 per person** payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! Refreshment Sponsors: Woodridge Health & Rehab. **Valentine Dance February 8, “Bill G Band”, and February 22 - “Classic Country”.**

POTLUCK BINGO (95002 5/75/MP) Thursday, February 1, 6:00pm. Bring a side dish or dessert to share. The Senior Center provides the main entrée (Breaded Baked Chicken), drinks and prizes. Please sign up in advance. **FREE!**

MARDI GRAS IN THE LOBBY (95085B 5/80/Lobby) Tuesday, February 13, 1:00—2:00pm Join us for a Mardi Gras Reception in the front lobby. King Cake and Punch will be served as well as lots of free beads! **FREE!**

MOVIES & MUNCHIES: The Lost City of Z (95001 5/75/MPN) Friday, February 2, 1:00pm Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. The Lost City of Z is a true-life drama, centering on British explorer Col. Percival Fawcett, who disappeared while searching for a mysterious city in the Amazon in the 1920s. Rated PG-13. Sponsored by Patricia & Jackye, Young Living Essential Oils. Please sign up in advance.

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, February 14, 2:00pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. *If it's your birthday month, we won't know if you don't sign up!* Please sign up. Sponsored by Emerald Hills Rehabilitation and Healthcare Center. **FREE!**

SOUP & SALAD FOR LUNCH (95096 1/100/MP) Thursday, February 8, 11:30am – 12:30pm Come to the Senior Center for lunch! Enjoy a hearty bowl of soup and a healthy salad hosted by Green Valley Healthcare & Abiding Home Health of DFW. Soup and salad will be available on the 2nd Thursday of each month for only \$3 per person.

HAPPY HATTER'S MEETING (95040 1/75/MPN) Friday, February 9, 1:00pm. Hostess of the month Co-Queen Derinda Peyton. Join us for our traditional “Death by Chocolate”. Bring your favorite chocolate dessert to share. Please wear your red hat, purple attire and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk before Friday so we know you're coming.

BINGO IN THE AFTERNOON (95058 5/75/MP) Wednesday, February 21, 2:00pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Research Students from UNT Health Science Center. **FREE!**

BREAKFAST CLUB (95015 10/50/MPN) Wednesday, February 28, 8:00am Wake up and get up to the Senior Center for a hearty breakfast. Sausage gravy and biscuits, scrambled eggs, juice, & coffee. Fresh Fruit sponsored by Back in Motion. **\$4 per person.**

NEWCOMER'S CONNECTION (94005 1/15/Conf) Friday, February 9, 2:15pm Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we'll know to expect you. **FREE!**

SPECIAL EVENTS

NIGHT AT THE ARTISAN (95005B 30/80/Artisan Theater) The Senior Center has reserved a limited number of discounted seats for the Artisan Theater's "The Wizard of Oz" for Tuesday, March 6, 7:30 pm (doors open at 7 pm.) The beloved tale of a Kansas farm girl who makes a miraculous journey over the rainbow, celebrating the joy and healing power of home. Sign up early as seats go fast. **Discounted ticket price is \$7 (regular ticket price is \$22!)** Once reservations are closed, we encourage you to put your name on the wait list. You must provide your own transportation to the theater. Registration for tickets opens February 1. Tickets available for pick up on 2/27.

HEB SUZUKI STRINGS CONCERT (92022B 5/350/MP) Thursday, February 1, 11:30am - 12:00pm In selected HEB elementary schools, students have the opportunity to play the violin, viola, cello and string bass using the internationally renowned Suzuki instructional approach. The Suzuki Method develops the whole child and provides lifelong skills, such as listening, observation, memorization, and concentration. Students learn discipline and focus, and they gain self-confidence, all of which can be applied throughout life. HSAC is pleased to host one of the K-6 Suzuki Strings performances for 2018. Please plan to attend and support these young musicians. **FREE!**

SOCIAL BALLROOM DANCE LESSONS FOR BEGINNERS (92056B 5/50/MP) Fridays, 11:15am - 12:15pm Mark & Susan O'Brien are seasoned dancers and instructors. They have performed throughout the Metroplex, the Texas State Fair, Oklahoma Follies and other venues. They will be bringing this special 8 week class series to HSAC. Classes begin **February 2 and continue through March 30. \$40 per individual participant; \$48 per couple.** One-time fee is paid at time of registration and is for the entire class series. Please note that class on March 16th is cancelled. No refunds or credit for missed classes.

EAT SMART, LIVE STRONG: HEALTH & NUTRITION WORKSHOP (94010 10/30/MPN) Three Mondays, February 5 & 12, & 26, 1:00 pm - 2:00 pm. Get a fresh start to a healthier you! Join Tiffany from Texas A&M AgriLife Extension Service for LIVE cooking demonstrations. Learn how to make a healthy version of an Italian favorite, skillet lasagna, and a smoothie that everyone will enjoy. Free samples and recipes for all attendees. Attend all 3 classes and receive a FREE cooking gadget! There is a class minimum that must be met, so please register in advance in order to ensure class makes. No class on 2/19. Registration will open January 18th. **FREE!**

OLD COUNTRY MUSIC SHOW (95018 1/300/MP) Friday, February 16, 2:00 pm - 3:00 pm Come to dance or just listen to “Now ‘n Then” also known as Andy and Wade as they entertain with an “Old Country Music” show. Expect a visit from “Willie and Julio” singing “To All The Girls I’ve Loved Before” and Roger Miller’s “King of the Road” as well as other favorite country dance songs. Take a trip down memory lane during the show while you enjoy a “Moon Pie” and a Coke sponsored by Heritage Village Residences. **FREE!**

LIFE SCIENCE LECTURE (94031 1/150/MPN) Wednesday, February 28, 10:00 am The Fort Worth Museum of Science and History is bringing their Discovery Lab on Wheels program to the Senior Center. This special presentation is called “What’s for Dinner” and will discuss herbivores, omnivores, carnivores, predators and prey. Educators from the Museum will bring specimens from their teaching collection to enhance the learning experience. **FREE!**



COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

Computer Squad (93035 ^{1/16/Comp})
Monday, February 12 & 26 , 1:00 - 2:30pm Join our tech

volunteers in a casual setting as they help HSAC members with both big and little problems related to computer usage. Let the instructors, one-on-one or with presentations, share knowledge on just about any computer or Internet topic you are interested in. Learn new computer skills so you can become a more confident computer user. Volunteer instructors will also be available to scan photos into digital jpg files. Limit of 5 scanned photos per visit. We recommend bringing a thumb/flash drive for storing your images. Instructors: Dave Thompson and Jack Schroeder. **FREE!**

Genealogy Class (94033 ^{1/16/Comp}) Friday, February 23, 1:00-2:30pm Are you one of the millions who have recently taken a DNA test to learn about your ethnicity, perhaps wondering whether you should trade your lederhosen for a kilt, or a serape? Now is the time to discover the ancestors who passed their DNA to you—where they lived and what they experienced. The rapidly increasing availability of historic records online has made researching your ancestors easier than it has ever been. Regardless, you must take care to develop good research habits and avoid potential pitfalls as you grow your family tree. This presentation will include the tools, tips and techniques to get you started. Instructor: Bernard Meisner. **FREE!**

Get Your Pics (^{lobby}) Tuesday, February 6 & 27, 2:00 - 3:00pm Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

Windows 10 (93004 ^{1/16/Comp}) Tuesdays, 10:00 am - 11:00 am Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Instructor: Cecil Kearney **FREE!**

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

Facebook for Desktop Computers (93041 ^{1/16/Comp}) Wednesday, February 7, 11:00am - 12:00pm Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, block others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Tammy McDonald. Sign up so we know to expect you. **FREE!**

iPad and iPhone (93042 ^{1/16/Comp}) Fridays, 10:00 - 11:00am Continue to explore what you can do with your iPad and/or iPhone each week. Class designed for those that have some experience with their device. Bring your device and questions. Instructor: Fannette Welton. **FREE!**

iPad and iPhone for Beginners (93030 ^{1/16/Comp}) Mondays 3:00 - 4:30pm This class is just for those that are new to their iPhone or iPad device and Apple products. Each class will cover the basic information you need to use your device to the fullest. It will follow the same lessons provided in the Friday class, just at a slower pace. Bring your iPad or iPhone and learn by doing. Instructor: Fannette Welton. **FREE!**

CREATIVE ARTS



Caring Covers Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

"Knot-a-Lot" (Open ^{1/25/SB}) Wednesdays, 2:00 - 4:00pm Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

HSAC Crafting (91094 ^{1/25/SA}) Wednesday, February 14 & 28, 10:00am–12:00 pm. Do you enjoy making things? Bring your ideas and craft with this group led by Diana Conway as they begin to prepare for the 2018 Craft & Holiday Market. All items made are donated to the Center. Proceeds from the sale of these items benefits HSAC. Supplies are provided. **FREE!**

Empty Bowls 2018 9:30-12:30 pm. Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the "Tarrant Area Foodbank's Empty Soup Bowls 2018". Instructor: Diana Conway. \$5 per bowl.

- **Thursday, February 8, 9:30am - 12:30pm(91003 ^{1/15/SA})**
- **Tuesday, February 27, 9:30am - 12:30pm (91007 ^{1/15/SA})**

Glass Fusion Lessons (91073 ^{1/10/CRB}) Tuesday, February 13, 9:30am Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instructor: Diana Conway. Class fee \$15.

Quilter's Choice (91024 ^{1/12/SB}) Mondays, 10:00am–1:00pm Native to South America and symbol of hospitality in earlier times here at home, the pineapple is the inspiration for this month's quilt project. Project started in January and will continue through completion. See instructor Jan Cook for details. \$25/mo.

Quilter's Lab (91078 ^{1/12/SB}) Tuesdays, 10:00am–1:00pm Instructor assistance with your project. Instructor: Jan Cook. \$25/mo.

Beginner Quilt Making (91047 ^{1/6/SB}) Wednesdays, 10:00am–1:00pm Come learn all the basics of quilting. Small project finished in a month! Students must bring their own machine to the Center and should know the basic use of their machine. Instructor: Jan Cook. \$25 monthly fee.

Ceramics (91001 ^{1/25/SA}) Tuesdays & Thursdays, 1:00 - 5:00 pm. Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

Wine Bottles (91054 ^{1/25/SA}) Tuesdays & Thursdays, 1:00 - 5:00 pm. Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion (Open) (91092 ^{1/10/SA}) Friday, February 9, 1:00pm Use your own materials. Participants are required to have taken the Glass Fusion Lessons class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

CREATIVE ARTS

Art Addicts Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Thursdays, 6:00 - 8:45pm (91004 ^{1/16/CRB})**
- **Fridays, 10:00am - 3:00pm (91005 ^{1/16/CRB})**

Multi-Media Painting (91101 ^{1/16/CRB})
Mondays, 12:15—4:00pm Classes on the use of watercolor, pastels, acrylic, and oil painting. Instructor will also guide in creating Steampunk designs through the use of paints, recycled, repurposed and other materials. Choose your medium! Instructor: Victoria Pedersen. \$40/mo.

Coloring Therapy (91018 ^{1/25/SB})
Thursday, February 15, 10:00am – 12:00pm Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Sponsored by: Marie Veneralle, Golden Outlook Insurance. **FREE!**

You Can Paint with Oils (91074 ^{6/15/SA})
Friday, February 16, 9:30am - 12:30pm. Painting title: “Cabin in the Snowy Woods”. Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$20.

Writing Group (94064 ^{1/15/CRB})
Thursdays, 10:00am - 12:00pm Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

Bead Mania I (91048 ^{1/8/CRB}) **Thursday, February 15, 2:30pm.** Come make a beautiful amethyst bracelet and earring set. Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

Floral Arranging (91050 ^{1/8/SA}) **Tuesday, February 20, 2:30pm** Celebrate Valentines Day with a pretty arrangement of fresh carnations and tulips. Instructor: Diana Conway. Class Fee \$5; Supply fee \$18.

Jewelry Repair (91026 ^{1/8/SA}) **Monday, February 26 12:30 - 2:00pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. \$5 repair fee for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

Bead Mania II (91056 ^{1/8/SA}) **Thursday, February 22, 2:30pm** Come make an Amethyst necklace to match the bracelet made in Bead Mania I. All supplies provided. Instructor: Diana Conway. Class fee: \$5; Supply fee \$15.

FUN & GAMES & GROUPS

Billiards’ Corner Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 ^{8/12/BIL})** **February 7, 2:00 - 4:00pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 ^{8/24/BIL})** **Friday, February 9, 11:00am - 4:00pm.** Sponsored by Premier Tours Global. **\$3/pp**
- **Partners Pool (95086 ^{7/14/Bil})** **Wednesday, February 21, 11:00am - 2:00pm.** Partners to be determined. **FREE!**
- **9-Ball Singles Tournament (95029 ^{8/24/BIL})** **Friday, February 23, 11:00am - 4:00pm.** Sponsored by Premier Tours Global. **\$3/pp.**

Book Club (94078 ^{1/20/Conf}) **Monday, February 19, 3:00pm** We will discuss “The Angels of Morgan Hill” by Donna Van Liere and read “Still Alice” by Lisa Genova or a nonfiction book of your choice. Facilitator: Tammy McDonald. **FREE!**

Texas Hold’em Tournaments

- **Tuesday, February 6, 9:30 - 11:30am (94012 ^{1/40/MPN})** No frills. Just playing for fun and practice.
- **Wednesday, February 28, 2:00 - 4:00pm (95007 ^{1/40/MPN})** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Sponsored by: Mike Smith, Custom Fit Insurance.

“42” Player Luncheon (94048 ^{5/45/MPN})
Wednesday, February 14, 12:00pm Each player is asked to bring a dish for the Potluck Luncheon to share. Plates, napkins, utensils, cups, and beverages will be provided. Please sign up at the front desk!

Cafe Exchange (94062 ^{1/30/SA}) **Mondays & Fridays, 10:00am - 1:00pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair, cup of coffee and join us! **FREE!**

Aircraft & Helicopter Science Group (95031 ^{1/16/CRB}) **Wednesday, February 7, 2:00 – 4:00pm** Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers. **FREE!**

Bunco (95092 ^{5/30/MPN}) **Thursday, February 15, 3:00pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown and Freeman, LLC. **FREE!**

Spanish Club (94004 ^{1/20/CRB}) **Wednesdays, 11:00am** Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. Facilitator: Judith Wingo. All are welcome! Sign up! **FREE!**

Karaoke & Music (95035 ^{5/100/MPN}) **Mondays 2:15 - 4:15pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

Creative Culinary Club (95094 ^{1/12/MPN})
Friday, February 16, 11:00am - 12:00pm Do you love cooking? Do you enjoy trying new recipes? If so, then join the Creative Culinary Club. Participants are asked to bring a covered dish that will serve a minimum of 12 and is related to the topic of the month. This month the topic will be - Soups & Stews. Bring your crockpot with a creative soup or stew so we can all have a taste. Make sure that you bring a copy of the recipe with you to share. Facilitated by Tammy McDonald. **FREE!**

Thank You!

- Artisan Theater
 - Abiding Home Health
 - Best Donuts
 - Bionix Hearing
 - Brown & Freeman
 - Busy B’s Bakery
 - Custom Fit Insur. Mike Smith
 - Donut Plaza
 - Edward Jones, Adam Davenport
- First Hurst Donut
 - Golden Outlook
 - Heritage Village Residences
 - Mid-Cities Pharmacy
 - Nations Insurance Celia Neyra
 - Right at Home
 - Smile Donuts
 - What’s Poppin Tx

FITNESS/HEALTH/WELLNESS

Fitness Room Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

Fitness Orientation is offered several times throughout the month, see the Senior Pipeline for schedule. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

Personal Training (92020; 92041; 92042) Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$40/hr.**

Blood Pressure Checks (Front Lobby) 1st Thursday each month, 10:00-11:00 am Come by the front lobby and get your blood pressure checked. Sponsored by: Right at Home. **FREE!**

Fit Start I Exercise Class Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Tuesdays (92036 5/30/MPS) 9:00 - 10:00am** Instructor: Jerri Worl **\$10/4 classes**
- **Thursdays (92058 5/30/MPS) 9:00 - 10:00am** Instructor: Jerri Worl **\$10/4 classes**

Silver & Fit Excel This 50 minute class is designed for athletic older adults who are looking for a challenging workout to take them to the next level of fitness. Class will include floor and standing exercises. Please bring an exercise mat and a bottle of water with you. Classes are **\$2.50 each**, payable at the beginning of each month. *Class fee is waived for Silver & Fit members, see front desk for details.*

- **Mondays (92051 5/30/MPS) 9:00am** Instructor: Rosy Pritchett **\$10/4 classes**
- **Wednesdays (92050 5/30/MPS) 9:00am** Instructor: Rosy Pritchett **\$10/4 classes**

Non-Contact Boxing A great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate. Classes are **\$2.50 each** payable at the beginning of each month. Instructor: Rosy Pritchett.

- **Wednesdays (92057 5/12/MPS) 4:00 - 4:45pm** **\$10/4 classes**
- **Fridays (92064 5/12/MPS) 9:00 - 9:45am** **\$7.50/3 classes** (Class on 2/2 cancelled.)

SilverSneakers Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. SilverSneakers members receive priority enrollment and fees are waived for class. Other membership types are **\$2.50** per class payable at the beginning of the month. Class length: 50 minutes.

- **Mondays (92008 5/30/MPS) 8:00am** Instructor: Rosy Pritchett **\$10/4 classes**
- **Tuesdays (92010 5/30/MPS) 5:00pm** Instructor: Debbie Melchiorre **\$10/4 classes**
- **Wednesdays (92009 5/30/MPS) 8:00am** Instructor: Rosy Pritchett **\$10/4 classes**
- **Thursdays (92011 5/30/ MPS) 5:00pm** Instructor: Debbie Melchiorre **\$10/4 classes**

Back, Shoulders & Balance (92046 3/30/MPS) Mondays, 4:30 - 5:15pm You will work to gain muscular strength, increase muscle tone and stretch with purpose in your back, shoulders and areas of balance. Expect to improve your ability to get out of bed, get out of a chair, maintain your posture and alleviate back muscle pain. Instructor: Rosy Pritchett. Classes are \$2.50 each payable at the beginning of each month. **\$10/4 classes.**

EDUCATION & SEMINARS

Advanced Self-Defense for Seniors (95093 1/20/MPN) Tuesday, February 13 & 27, 10:00 - 11:30am This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

Basic Self-Defense for Seniors (95091 1/15/MPN) Tuesday, February 20, 10:00 - 11:00am Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

Essential Oil Workshop (94082 1/25/SA) Monday, February 12, 1:00pm Love is in the air for Valentine's Day. Join us for a Young Living Oils Make and Take that is perfect for you or your Valentine. \$5 supply fee due to instructor at beginning of class. Instructor: Patricia Manascalco.

Edward Jones Presents (94040 1/24/Conf) Friday, February 9, 10:00am Estate planning...the greatest Valentine's gift to give to the one's you love. Sponsored by Adam Davenport. **FREE!**

Health Talk (94056 1/25/SA) Wednesday, February 14, 1:00-2:00pm EMS Coordinator, Kevin Trimble, will discuss symptoms and presentations of heart emergencies and treatment from his personal and professional experience as a retired firefighter and Paramedic. Sponsored by: Medical City North Hills. **FREE!**

Show & Tell (94043 1/30/SA) Monday, February 19, 1:00 pm. Bring something to talk about - an actual *thing* to share that reveals a part of yourself that might not be so obvious to others. Use your object as a storytelling starter. Tell something about where you were from, or where you have traveled to, or what you enjoy doing. This is not something that you have to rehearse. There is no need to be clever or funny. Come with curiosity as you share with and learn from others. Sponsored by: Marie Veneralle, Golden Outlook. **FREE!**

Wills & Trusts Part III (94028 5/25/Comp) Tuesday, February 6, 1:00-2:00pm Attorney Jason Amos will be here to discuss blended families and out of state wills. Sponsored by Nations Insurance Solutions.

Financial Presentation (94002 1/25/Conf) Tuesday, February 13, 11:00am Come for an open discussion on how your tax bracket effects your investment decisions. Learn your options and how to take control. Sponsored by the Householder Group.

Medicare 101 (94038 5/25/Comp) Thursday, February 15, 11:00am-12:00pm Learn about the coverage offered through parts A, B, C and D of Medicare, requirements, exclusions and available coverages. Sponsored by Celia Neyra, Nations Insurance Solutions. **FREE!**

Foundation for Finance (F3E): All About Annuities (94001 1/16/Conf) Tuesday, February 20, 1:00pm Are annuities good? Are they bad? Things have changed a lot in the last few years. Come learn all about annuities and decide for yourself. We will be learning: What is an annuity? How does it work? What are the different types? Are there tax benefits to annuities?

History of Aviation (94030 1/16/CRB) Wednesday, February 21, 2:00-4:00pm Bill Wait will present "Developing the V-22 aircraft", including the engineering, components, flights, and the military service role. This is exciting to see all the aircraft and features being developed. **FREE!**

Ask A Pharmacist (94087 1/40/SA) Wednesday, February 21, 10:00am Learn about current trending topics related to drugs, health and wellness from one of our Hurst Pharmacists. Instructor: Aemad Aslam Sponsored by Mid-Cities Pharmacy. **FREE!**

A Study on Leadership (94091 05/12/Conf) Tuesday, February 27, 10:00 - 11:00am Join Carl Edwards for this monthly class and learn how you can better relationships and yourself. Different topic each month. Sponsored by: Bionix Hearing. **FREE!**

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is available on **FRIDAYS** in two 55 minute increments. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited. A pool attendant is onsite for assistance as needed.

- **Fridays, 10:00 – 10:55am (92069** ^{3/15/HVR}) \$5/month
- **Fridays, 11:00– 11:55am (92070** ^{3/15/HVR}) \$5/month

SilverSneakers SPLASH Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class fee is waived for SilverSneakers Members. Instructor: Rosy Pritchett.

- **Mondays, 10:00 – 10:45am (92079** ^{3/15/HVR})
- **Wednesdays, 10:00 – 10:45am (92080** ^{3/15/HVR})

AQUA ZUMBA This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Benefits include less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Instructor: Rosy Pritchett

- **Mondays, 11:00 – 11:45am (92077** ^{3/15/HVR})
- **Wednesdays, 11:00 – 11:45am (92078** ^{3/15/HVR})

WATER WELLNESS If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Off the Deep End Aquatics

- **Tuesdays, 10:00 - 10:45am (92071** ^{3/15/HVR})
- **Thursdays, 10:00 - 10:45am (92072** ^{3/15/HVR})

WORK IT IN WATER Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Instructor: Off the Deep End Aquatics.

- **Tuesdays, 11:00 - 11:45am (92073** ^{3/15/HVR})
- **Thursdays, 11:00 - 11:45am (92074** ^{3/15/HVR})

Purchase a 5 class Punch Card (Aquatics 92075 & 92076) for \$20, (Splash 92081 & 92082) for \$20 (fee waived for SilverSneaker members). Choose your class, day and time. Come when it’s convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
10:00 - 10:45 SilverSneakers Splash	10:00 - 10:45 Water Wellness	10:00 - 10:45 SilverSneakers Splash	10:00 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:45 Aqua Zumba	11:00 - 11:45 Work It In Water	11:00 - 11:45 Aqua Zumba	11:00 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

FITNESS/HEALTH/WELLNESS

Line Dancing Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginner Line Dance (92044** ^{5/30/MP}) Thursdays, 12:30 pm - 1:00 pm
- **Improver Line Dance (92054** ^{5/50/MP}) Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055** ^{5/50/MP}) Thursdays, 1:45 pm - 2:30 pm

Zumba Gold Latin inspired fitness dance classes featuring high energy. Fun way to experience a great cardio workout! Punch card no longer required. You must sign up for the class each month. Classes are \$4 each payable at the beginning of each month.

- **Tuesdays (92001** ^{5/30/MPN}) 10:30 - 11:00am Instr: Rosy Pritchett **\$16/4 classes**
- **Wednesdays (92002** ^{5/30/MPN}) 10:15 - 11:00am Instr: Kalyn Worthey **\$16/4 classes**

Ageless Grace (92007 ^{5/30/MPS}) **Thursdays, 10:30 - 11:15am** Ageless Grace is a program that works on all 5 functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are **\$2.50 each** payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details. **\$10/4 classes**

Strengthen On Your Mat (92061 ^{5/30/MPS}) **Fridays 10:00 - 11:00am.** Core strengthening class that combines pilates, basic exercise moves, and yoga. Classes are \$2.50 each, payable at the beginning of each month. Instructor: Rosy Pritchett **\$10/4 classes**

Hatha Yoga (92035 ^{3/25/MPS}) **Tuesdays, 2:30 - 3:30pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Tyler Kuelbs /Aimee Larson **FREE!**

Chair Yoga (92053 ^{3/30/MPS}) **Tuesdays 3:45 - 4:45pm** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Instructor: Tyler Kuelbs/Amy Larson. **FREE!**

Gentle Yoga (92052 ^{3/15/MPS}) **Mondays, 1:00 - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. **\$4** per class, payable at the beginning of each month.

Restorative Yoga (92060 ^{3/8/MPS}) **Friday, February 2, 3:30-5:00pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Instructor: Michelle Varley. **Class fee: \$5**

Tai Chi (92049 ^{3/20/MPN}) **Wednesdays, 9:00 - 10:00am** Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: Chot Pham. **FREE!**

February 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Medicare Counseling With Mike Smith Custom Fit Insurance Monday, February 5 9:00 am—10:00 am	Sign Ups open February 1 for Tickets for the Artisan Theaters' Wizard of Oz show on Tuesday, March 6 \$7 per ticket	Sign ups for Classes Begins February 1st 8:00 am
8:00 SilverSneakers Classic 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Eat Smart, Live Strong 2:15 Karaoke & Music 3:00 iPad/iPhone Beginners 4:30 Back Shoulder&Balance	9:00 Fit Start I 9:30 Texas Hold'em Tournament 10:00 Windows 10 10:00 Quilter's Lab 10:30 ZUMBA Gold 1:00 Ceramics & Wine Bottles 1:00 Wills & Trusts Part III 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic	8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver & Fit Excel 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Facebook for Desktop 11:00 Spanish Club 1:00 Fitness Orientation (92027) 2:00 Ladies Powder Puff Pool 2:00 Aircraft and Helicopter Group 4:00 Non-Contact Boxing
8:00 SilverSneakers Classic 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Computer Squad 1:00 Eat Smart, Live Strong 1:00 Gentle Yoga 1:00 Essential Oil Workshop 2:15 Karaoke & Music 3:00 iPad/iPhone Beginners 4:30 Back Shoulder&Balance 6:00 Fitness Orient. DVD (92025)	9:00 Fit Start I 9:30 Glass Fusion Lessons 10:00 Windows 10 10:00 Advanced Self Defense 10:00 Quilter's Lab 10:30 ZUMBA Gold 11:00 Financial Presentation 1:00 Ceramics & Wine Bottles 1:00 Mardi Gras in the Lobby 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic	8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver & Fit Excel 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 12:00 42 Player Luncheon 1:00 Fitness Orientation (92028) 1:00 Health Talk 2:00 Birthday Party 4:00 Non-Contact Boxing
8:00 SilverSneakers Classic 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Eat Smart, Live Strong 1:00 Gentle Yoga 1:00 Show & Tell 2:15 Karaoke & Music 3:00 Book Club 3:00 iPad/iPhone Beginners 4:30 Back Shoulder&Balance	9:00 Fit Start I 10:00 Quilter's Lab 10:00 Windows 10 10:00 Basic Self Defense 10:30 ZUMBA Gold 1:00 Foundation for Finance (F3E) 1:00 Ceramics & Wine Bottles 2:30 Floral Arranging 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic	8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver & Fit Excel 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 10:00 Ask a Pharmacist 11:00 Partner Pool 1:00 Fitness Orientation (92029) 2:00 Bingo In The Afternoon 2:00 History of Aviation 4:00 Non-Contact Boxing
8:00 SilverSneakers Classic 9:00 Silver & Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 12:30 Jewelry Repair 1:00 Eat Smart, Live Strong 1:00 Gentle Yoga 1:00 Computer Squad 2:15 Karaoke & Music 3:00 iPad/iPhone Beginners 4:30 Back Shoulder&Balance	9:00 Fit Start I 9:30 Empty Bowls 2018 10:00 Quilter's Lab 10:00 Windows 10 10:00 A Study on Leadership 10:00 Advanced Self Defense 10:30 ZUMBA Gold 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic	8:00 Breakfast Club 8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver & Fit Excel 10:00 Life Science Lecture 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Fitness Orientation (92030) 2:00 Texas Hold'em Tournament 4:00 Non-Contact Boxing

<i>Thursday</i>	<i>Friday</i>
9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace 11:30 Suzuki Strings Concert 12:30 Beginner Line Dancing 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Inter. Line Dancing 6:00 Art Addicts 6:00 Potluck Bingo 5:00 SilverSneakers Classic	9:00 Non-Contact Boxing 10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:15 Social Ballroom Dance 1:00 Movies & Munchies 3:30 Restorative Yoga
9:00 Fit Start I 9:30 Empty Bowls 2018 10:00 Writing Group 10:30 Ageless Grace 11:30 Soup & Salad 12:30 Beginner Line Dancing 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Inter. Line Dancing 6:00 Art Addicts 7:00 Dance: Bill G Band 5:00 SilverSneakers Classic	9:00 Non-Contact Boxing 10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Edward Jones Presents 10:00 Art Addicts 11:00 8-Ball Singles Tournament 11:15 Social Ballroom Dance 1:00 Glass Fusion (Open) 1:00 Happy Hatters 2:15 Newcomers Connection
9:00 Fit Start I 10:00 Coloring Therapy 10:00 Writing Group 10:30 Ageless Grace 11:00 Medicare 101 12:30 Beginner Line Dancing 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania I 3:00 Bunco 6:00 Art Addicts 5:00 SilverSneakers Classic	9:00 Non-Contact Boxing 9:30 You Can Paint w/Oils 10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Creative Culinary Club 11:15 Social Ballroom Dance 2:00 Old Country Music Show
9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace 12:30 Beginner Line Dancing 1:00 Ceramics & Wine Bottles 1:00 Improver Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II 6:00 Art Addicts 7:00 Dance: Classic Country 5:00 SilverSneakers Classic	9:00 Non-Contact Boxing 10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 9-Ball Singles Tournament 11:15 Social Ballroom Dance 1:00 Genealogy Class 5:00 Fitness Orient. DVD (92026)
Blood Pressure Checks 1st Thursday each month 10:00 am—11:00 am Sponsored by Right at Home	

“A Quick Bite”
Tuesdays at Noon
Only \$5

*If you choose your main entrée..
All meals come with a cup of
soup, and a dessert.
See front desk for menu.*

Place your order and pay at the

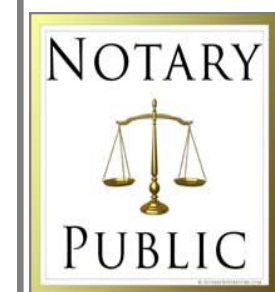
Upcoming Entrée Menu

February 6: Chef Salad

February 13: King Ranch Chicken

February 20: Baked Potato

February 27: Quiche



Need something notarized? The Senior Center offers free notary services. We do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center Members.

Chair Massage
By Brenda Mills
Touch from the Heart
Massage & Reflexology
Tuesdays, 10 am—12 pm
By appointment
\$1/per min.

